



Fort Irwin Nutrition Services

TASK: Educate Soldiers about what nutrition services are available on Fort Irwin and how to make an appointment

CONDITIONS: Discussion – Question based.

STANDARDS: Name what nutrition services are available and how to make an appointment

REFERENCE(S): Nutrition Care Division, WACH



Fort Irwin Nutrition Services

Nutrition education & counseling is available for all beneficiaries. No referral is needed.

- Individual appointments and follow-ups
- Unit classes per request
- Group counseling for Army Body Composition Program (ABCP for Soldiers who fail height/weight standards)
 - Army Move Program – includes 5 group classes and 1 or more individual follow-up appointments



Fort Irwin Nutrition Services

Reasons to Make a Nutrition Appointment

- Weight Loss/Weight Management
- Weight Gain (need to gain weight)
- Diabetes
- High Cholesterol or Triglycerides
- Pregnancy Nutrition
- High Blood Pressure
- Food Allergies & Intolerances
- Supplements
- Sports Nutrition
- Child/Pediatric Nutrition



Fort Irwin Nutrition Services

How to Make an Appointment

- Call Nutrition Care Division at 380-3178 or 380-3201
- Call Central Appointments at 1-866-460-5305
- Stop by Nutrition Care Division located in the hospital by the Oasis Café between 0730 and 1630

NO REFERRAL IS NEED FOR SERVICE MEMBERS OR
BENEFICIARIES